

STATEMENT OF PARTICIPATION AGREEMENT/WAIVER OF LIABILITY

Applicant understands that The Pennsylvania State University, through its Capital Union Building Aquatics facility, offers exercise that can be potentially dangerous.

Therefore, it being the intent of the Applicant to hold Pennsylvania State University, its trustees, officers, agents and employees harmless, Applicant hereby releases, waives and forever discharges the same from any and all liability for injury suffered by Applicant related to the use of the Capital Union Building Aquatics facility and the locker rooms at his/her own risk.

It is recommended that Applicant become knowledgeable of all pool rules prior to using the facility.

Pool rules are posted in the facility.

Applicant also understands that due to emergencies in the pool area that the pool may need to close for the lifeguards on duty to attend to the victim(s).

Additionally, applicant authorizes Penn State personnel to photograph, videotape, and/or audiotape in promotion of The Pennsylvania State University's Aquatic Programs.

Print Name

Signature

Date

Swim Levels

Level 1 Beginning Swimmers

For people with no previous experience in the water. Water safety, water adjustment, and basic skills are emphasized.

Level 2 Fundamental Aquatic Skills

Level 1 equivalent, or wearing a flotation device, jump into deep water and swim 25 yards – half-length beginner crawl (face in water is optional) and half-length beginner back. Also jump into shallow water without flotation and swim 15 yards, demonstrating beginner crawl and beginner back. Breathing skills and building endurance and technique on the front and back will be emphasized along with continued personal safety skills.

Level 3 Stroke Development

Level 2 equivalent, or demonstrate jumping into deep water and swim one length of the pool using beginner crawl, blowing bubbles occasionally, and one length beginner back. Without flotation, jump into deep water and swim 25 yards using beginner back or back crawl. Jump into deep water, swim half-length beginner crawl, blowing bubbles occasionally, roll to back and finish the length using beginner back or back crawl. Continued emphasis on breathing skills and technique; work on the front and back crawl will be emphasized at this level.

Level 4 Stroke Improvement

Level 3 equivalent, or demonstrate 25 yards of front crawl with breathing, back crawl, and elementary backstroke. Also demonstrate a propulsive breaststroke kick and butterfly kick for 25 yards and back crawl without assistance. Emphasis is on building endurance for the front crawl and backstroke, as well as stroke drills for the elementary backstroke, the breast stroke, and the butterfly.

Level 5 Stroke Refinement

Level 4 equivalent, or demonstrate swimming for 300 yards – front crawl with breathing, back crawl, elementary backstroke, breaststroke, and sidestroke. Demonstrate 25 yards of butterfly and the ability to tread and float for two minutes. Demonstrate a surface dive and retrieve a ring from deep water. Emphasis is on continued stroke development, refinement, and endurance.

Level 6

Level 5 equivalent, or demonstrate 50 yards of each stroke with proper technique – front crawl, back crawl, elementary backstroke, breaststroke, sidestroke, and butterfly. Also, swim 500 yards continuously, demonstrating 100 yards front crawl, back crawl, elementary backstroke, breaststroke, and sidestroke. Demonstrate survival float on the front and back for five minutes each. Also perform a foot-first surface dive, retrieve a weighted object from the bottom and return to the surface and starting point. Continued emphasis on stroke technique and endurance.

PENN STATE HARRISBURG

AQUATICS CENTER

Adult Swim Lessons

Beginner and Intermediate/Advanced



FALL 2016



PennState
Harrisburg

Capital Union Building
717-948-6740 • 717-948-6664

CLASS DESCRIPTIONS

Adult Swim Lessons • \$74 (6 lessons)

Beginner - for the novice swimmer

The beginner swim lessons are for adults who are fearful or hesitant of swimming but seek to be comfortable and active in the water. Participants will learn how to float, submerge completely, perform proper breathing technique, tread water, propel themselves through the water on both the front and back, and perform basic front and back crawl strokes. The goal is to swim a length of 25 yards and feel comfortable in deep water. The class is designed to prepare participants not only to experience swimming, but to also safely participate in various recreational water activities.

Intermediate/Advanced

This class is for the well-adjusted swimmer. Participants should be able to swim 2+ laps, working toward multiple lengths of the pool using any style, and tread or float in deep water for one minute. Participants should be comfortable in the front and back crawl strokes. The goals include increasing proficiency in the basic strokes, developing more advanced strokes and turns, and gaining a greater understanding of safety and the ability to use water as a medium for recreation and fitness.

IMPORTANT INFORMATION

1. Each session consists of six lessons.
2. Low student/instructor ratios will be maintained, thus enrollment is limited.
3. Registrations will only be accepted with FULL PAYMENT in advance of session.
4. Refunds will only be issued if class is cancelled due to insufficient enrollment.
5. To confirm your registration, please call the Aquatics Center at 717-948-6740.

SESSION DATES

Classes meet on
Tuesdays and Thursdays
6:30-7:15 p.m.

FALL SESSIONS

Beginner:

September 20, 22, 27, 29, October 4, 6

Intermediate/Advanced:

October 11, 13, 18, 20, 25, 27

REFUNDS AND PARKING

Refunds will only be issued if class is cancelled due to insufficient enrollment.

A fee of \$1/day or \$40/year is charged for parking on campus. Yearly permits may be purchased at the Parking Permit Office. For information, call 717-948-6006.

Information:

Craig Merkey
Assistant Director of Aquatics
717-948-6664 • cam86@psu.edu
or
Amy Hickoff
Aquatics Administrative Support Assistant
717-948-6740 • aih2@psu.edu
harrisburg.psu.edu/aquatics

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ADULT SWIM LESSONS REGISTRATION FORM

Participant's Name _____ Male ___ Female

Age _____ Date of Birth _____

Parent's Name _____

Home Address _____

City _____ State _____ Zip Code _____

Home Phone _____

Alternate Phone _____

E-mail Address _____

REGISTER

- Beginner \$74
 Intermediate/Advanced \$74

Based on the level equivalents on the back of this brochure, what is your ability.

I am approximately a level _____

See back of pamphlet for more information

IMPORTANT INFORMATION

(Medical or other) _____

Enclosed is a check for \$_____, made payable to
The Pennsylvania State University.

Send payment and registration to:

Penn State Aquatics Center
777 West Harrisburg Pike
Middletown, PA 17057

To confirm registration, please call 717-948-6740.

Please copy this form for additional registrations.